



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 02-08-12)

Visit us at www.fns.usda.gov/fdd

100368 – BEANS, CANNED, BLACK-EYED PEA, DRY, LOW-SODIUM, #10

Nutrition Information

CATEGORY	<ul style="list-style-type: none">Meat/Meat Alternates or Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none">U.S. Grade A canned dry black-eyed peas, cooked and packed in salt water.
PACK/YIELD	<ul style="list-style-type: none">6/#10 cans per case. Each can contains not less than 108 oz black-eyed peas and liquid.One #10 can AP yields about 65 oz (9 $\frac{3}{4}$ cups) heated, drained black-eyed peas and provides about 37.7 $\frac{1}{4}$-cup servings heated, drained black-eyed peas OR about 18.85 $\frac{1}{2}$-cup servings heated, drained peas.CN Crediting: $\frac{1}{4}$ cup heated, drained black eyed-peas provides 1 oz-equivalent meat/meat alternate OR $\frac{1}{4}$ cup heated, drained black-eyed peas provides $\frac{1}{4}$ cup vegetable BUT NOT both components at the same meal.
STORAGE	<ul style="list-style-type: none">Store unopened canned black-eyed peas in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.Store opened canned black-eyed peas covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Cowpeas, common (blackeyes, crowder, southern), canned, mature seeds, plain

	$\frac{1}{4}$ cup (60 g)	$\frac{1}{2}$ cup (120 g)
Calories	46	92
Protein	2.84 g	5.69 g
Carbohydrate	8.18 g	16.36 g
Dietary Fiber	2.0 g	4.0 g
Sugars	0 g	0 g
Total Fat	0.33 g	0.66 g
Saturated Fat	0.086 g	0.17 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.58 mg	1.16 mg
Calcium	12 mg	24 mg
Sodium	70 mg	140 mg
Magnesium	17 mg	34 mg
Potassium	103 mg	206 mg
Vitamin A	8 IU	16 IU
Vitamin A	1 RAE	1 RAE
Vitamin C	1.6 mg	3.2 mg
Vitamin E	0 g	0 g



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 02-08-12)

Visit us at www.fns.usda.gov/fdd

100368 – BEANS, CANNED, BLACK-EYED PEA, DRY, LOW-SODIUM, #10

PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none">• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.• Use a clean and sanitized can opener.• Heat without added salt and serve alone or use as directed in recipes.
USES AND TIPS	<ul style="list-style-type: none">• Black-eyed peas may be used in bean salads, soups, chili, and entrees, or as a vegetable. Serve black-eyed peas with pork or chicken. Canned black-eyed peas may be substituted for cooked dry black-eyed peas in any recipe. Some or all of the salt in the recipe should be omitted when canned peas are used in place of cooked dry peas.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• NEVER USE foods from cans that are leaking, bulging, or are badly dented.• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.• Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

USDA Nondiscrimination Statement: "The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotope, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice or TDD). USDA is an equal opportunity provider and employer."